

## A Philosophers Notes On Optimal Living Creating An Authentically Awesome Life And Other Such Goodness Vol 1 Brian Johnson

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I love wisdom. A lot.

### OPTIMIZE with Brian Johnson - YouTube

A Philosopher's Notes is an interesting book because it's like cliff notes for a bunch of books all slammed together to make their own book. Optimal Living Brian is focused on the idea of optimal living.

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Brian is a serial-entrepreneur, deep-thinker, relentless-reader and modern-day philosopher. If you like the book summaries on Faster To Master, you will love his "Philosopher's Notes". But his best works (so far) are his Optimal Living 101 course and his Master Classes. They're a synthesis of all he's read and discovered.

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